REPORT RESUMES

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LONG BEACH CITY COLLEGE CONTENT OUTLINES FOR COURSES IN HOME ECONOMICS-RELATED OCCUPATIONS.
LONG BEACH CITY COLLEGE, CALIF.

PUB DATE AUG 65

EDRS PRICE MF-\$0.25 HC-\$1.16 27P.

DESCRIPTORS- *OCCUPATIONAL HOME ECONOMICS, *CURRICULUM GUIDES, *FOOD SERVICE WORKERS, ADULT VOCATIONAL EDUCATION, NEEDLE TRADES, FOOD, SEWING INSTRUCTION,

INFORMATION ON REVISED HOME ECONOMICS RELATED OCCUPATIONS COURSES IS PRESENTED FOR (1) TRADE COOKS, (2) KITCHEN HELPERS, (3) PANTRYMEN, (4) FRY COOKS, (5) DINNER COOKS, (6) BAKERS AND PASTRYMEN, (7) MEAT CUTTERS, (8) HOTEL, RESTAURANT AND INSTITUTIONAL COOKS, AND (9) INDUSTRIAL SEWING WORKERS. THE TIME REQUIRED, PREREQUISITES, PURPOSE, CATALOG DESCRIPTION, AND COURSE CONTENT OUTLINE ARE INCLUDED FOR EACH COURSE. THIS ARTICLE WAS PUBLISHED IN "ILLINOIS TEACHER OF HOME ECONOMICS," VOLUME 9, NUMBER 4. (MS)

Division BT	Departmen	t <u>Culinary</u>	Occupations	Date 12-1-63
Cultum On				
Culinary Occupa Name and Number		rade Cookin		4 (32) Four Yrs.
name and number	or course Des	criptive Ti	tTe	Semester Units
	Evenir	g Trade		
Smith-Hughes Cla	assification Extens		Sessions Per	Week2
Number of Semes	ters 8		Hours per Se	
Number of weeks	per Semester 1	.8	Hours per We	
			Lecture or	Theory 3
			Laboratory	3
Total Weeks per	Year 3	6	Total Hours	(Course) 864
			Lecture or	Theory 432
Number of Years		4	Laboratory	
Description	,			
Prerequisites:				
Must be an index	tured apprentice			
	regreg apprentice			
Purpose of Cours				
Provides related	instruction to su	pplement pra	actical trainin	g received on
the job as an ap	prentice cook.			O = 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
				A.
Catalog Descript				
Catalog Descript	TOIL:			
Kitchen equipmen	it. care and atomor	o of foods.		
salada, entresa	t; care and storage pastries, soups a	e or roods;	preparation of	vegetables,
and sanitation.	nutrition; menus;	nd sauces; R	citchen managem	ent; hygiene
employer-employe	e relatione	raws and reg	gutations; safe	ty practices;
amployer employe	c retactons.			
Course Content:	Give major areas	covered by e	entire course a	nd subunits
under each major	area. Use addition	onal sheet(s	s) as necessary	 Include
course number an	d title on each ext	tra sheet us	sed.	
Instructor(s)			To a horse of the	
THELL ACTOL (8)		bean of	Instruction	
Department Head	Coordinator, or	Division	al Dan	
Dean of School	antermental OT	DIATRIOL	et acan	
Som of periods				



Long Beach City College Content Outlines for Courses in Home Economics-Related Occupations.

Long Beach City College of Long Beach, California, has generously agreed to share course outlines for home economics-related occupations with readers of the <u>Illinois Teacher of Home Economics</u>. These were received by the <u>Illinois Teacher</u> in August, 1965. Gerald Daniel, Dean of Instruction, of the College stated that, "We've recently had a change in our curriculum in trade cooking and we're hoping that these changes will better adapt our program to the needs of our students and the community... note that we've changed the title of Vocational Sewing to Industrial Sewing."

The course outlines that follow were developed for programs to prepare workers for the following occupations: culinary occupations (apprentice cooks, fry cooks, dinner cooks, pastry chefs, hotel and restaurant institutional cooks, kitchen helpers, pantrymen, meat cutters) and industrial sewing.

Division_	BTD	Department_	Culinary	Occupations	_Date_12-	<u>1-63</u>
Culinary (Occupations 42	20A-H Trs	de Cooking	•	/ (22) s	Hann Van
	Number of Cour		iptive Ti		Semeste:	<u>Four</u> Yrs.
Smith-Hugh	es Classifica Semesters	Evening ation <u>Extension</u>		Sessions Per	r Week	2
	weeks per Sen			Hours per So		3 6 3 3
Number of	weeks her sel	lescer 10		Hours per We		6
				Lecture of		<u>_</u> 3
Total Week	s per Year_	36		Laboratory Total Hours	(Course)	864
	• • • • • • • • • • • • • • • • • • • •			Lecture of		
Number of	Years	4		Laboratory		432
	~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~					<del></del>
<u>Prerequisi</u>	tes:					
Must be an	indentured a	pprentice				
Purpose of	Course:		70 cg 70 cg cg cg cg cg cg cg			18888
Provides r the job as	elated instru an apprentic	ection to supp	lement pra	ectical trainir	ng receive	d on
Catalog De  Kitchen eq	uipment; care	and storage	of foods;	preparation of	vegetabl	es,
and sanita	tion; nutriti mployee relat	on; menus; la	ws and reg	ulations; safe	ent; nygi ty practi	ene .ces;
under each	major area.	ajor areas co Use addition on each extra	al sheet(s	ntire course a ) as necessary ed.	nd subuni • Includ	ts e
Instructor	(s)		Dean of	Instruction		
Department Dean of Sci	Head, Coordi	nator, or	Division	al Dean		



### Course Name and Number Trade Cooking Cul. Occ. 420A-H

#### COURSE CONTENT:

### FIRST YEAR

- I. Kitchen Workers and Kitchen Organization
  - A. Stations and duties in commercial kitchens
    - 1. Small kitchen organization
    - 2. Large kitchen organization
    - 3. Tools and equipment (use of)
  - B. Kitchen sanitation regulations
    - 1. Local and county regulations
    - 2. Kitchen sanitation
    - 3. Personal hygiene
- II. Pantry Work
  - A. Dressings (kinds and uses)
  - B. Salad making (preparation of various types)
  - C. Appetizers
  - D. Pantry service

### SECOND YEAR

- I. Meat A study of cuts and their uses in hotel and restaurant kitchens
  - A. Beef
  - B. Pork
  - C. Lamb
  - D. Veal
  - E. Fowl
  - F. Fish
  - G. Meat handling
    - 1. Regulations covering handling
    - 2. Refrigeration
- II. Fry cook duties and station
  - A. Vegetable cooking
  - B. Griddle and pan frying
  - C. Eggs (cooked in liquid and dry heat)
  - D. Deep fat frying
  - E. Broiler
  - F. Steam table and dish-up station

Note: Sanitation, safety instruction and trade nomenclature included.



Course Name and Number Trade Cooking Cul. Occ. 420-A

#### COURSE CONTENT:

### THIRD YEAR

- I. Dinner Cook Duties and Station
  - A. Cooking meat and fish in water
  - B. Roasting of various kinds of cuts of meat
  - C. Sauteing
  - D. Braising
  - E. Soups (preparation and cooking of various types)
  - F. Sauces and gravies (preparation and uses)
  - G. Stuffings (preparations and uses)
  - H. Batters and doughs
  - I. Puddings (preparation of various kinds)

Note: Approved kitchen sanitation and safety practices in the preparation and cooking of foods stressed. Trade nomenclature included.

#### FOURTH YEAR

- I. Food Combinations (study of)
  Menu planning (correct food combinations)
- II. Pastry Chef Duties and Station
  - A. Various doughs and batters
  - B. Puddings
  - C. Cakes
  - D. Pies
  - E. Icings and decorations
  - F. Ice carving

#### III. Costs

- A. Ordering supplies and materials
- B. Inventories
  - 1. Setting up
  - 2. Maintaining
- C. Over-all kitchen costs in relation to price setup and volume of business



### Course Information

Division BTD Department	Culinary Occupat	ions Date 12-1-63
		<del></del>
Culinary Occupations 800A-D Name and Number of Course	Posonintino Mi	12 (48) Two Years
(Catalog Designation)	Descriptive Ti	tle Semester Units
(**************************************		
	Unit Day	
Smith-Hughes Classification	Trade	Sessions Don Harls
Number of Semesters	4	Sessions Per Week 5
Number of Weeks Per Semester	18	Hours Per Session 5 Hours Per Week 25
		Lecture or Theory 5 Laboratory 20
Total Weeks Per Year	36	Total Hours (Course) 1000
		Total Hours (Course) 1800
Number of Years_	2	Lecture or Theory 360
		Laboratory 1440
Prerequisites:		
High school graduate or perso	n arram 10 magne at	
entrance tests.	n over to years of	age and able to pass required
Purpose of Course:		
A preparatory course covering necessary to become employable cook, pastry chef, or Garde Management	e in a commercial	f all the skill requirements kitchen as a fry cook, dinner
Catalog Description:		a a a a a pa a a b a a a a a a a a a a a
Basic skills of commercial consalads, sandwiches, entrees, menus; supplies; kitchen managemployer-employee relations.	lastries and eneci-	eparation of vegetables, alty dishes; nutrition; d sanitation; safety practices
Course Content: Give major an under each major area. Use ad course number and title on each	ditional sheet(s)	SE HACAGOSWY Tmaluda
Instructor(s)	Dean of In	astruction
Department Head, Coordinator, Dean of School	Or Divisional	l Dean

### Course Name and Number Trade Cooking Cul. Occ. 800A-D

#### Course Content:

- 1. Kitchen Porter miscellaneous worker
- 2. Dish and pot washer
- 3. Pantryman's helper
- 4. Cook's helper
- 5. Hand and electric equipment
- 6. Salads, relishes, and cocktails
- 7. Salad dressings and sauces
- 8. Special dishes
- 9. Ice box desserts
- 10. Pantry service
- 11. Vegetable cooking
- 12. Griddle and pan frying
- 13. Deep fat frying
- 14. Broilers
- 15. Steam table and dish-up station
- 16. Soups and stocks
- 17. Sauces
- 18. Meat entrees
- 19. Butchering
- 20. Baking
- 21. Trade appreciation
- 22. Selected field trips

Department Cu	linary Occupations Date 5-12-65
Cul. Occ. 210A Kitchen H	lelner Training
name and number of Course Descri	ptive Title Semester Units
(Catalog Designation)	- Semester Onics
Smith-Hughes Classification	
Smith-Hughes Classification Number of Semesters	Session Per Week 5 Hours Per Session 5
The state of the s	mours fer week 25
	Lecture or Theory 5
Total Weeks Per Year	Laboratory 20
	Total Hours (Course) 300
Number of Years	Lecture or Theory 60
	Laboratory 240
Prerequisites: Permission of instru	uctor
Purpose of Course:	
To assist student in preparatory tra	lining for commercial cooking
To provide experience helping other	kitchen employees in the preparation
of vegetables, salads, soups, sandwi	ches, entrees, pastries, and specialty
dishes.	and specially
To provide knowledge of nutrition, m	enus, supplies, hygiene and sanitation
and safe practices.	
Catalog Description:	
datalog Description:	
Basic skills of commondat and the	• • •
Basic skills of commercial cooking, salads, soups, sandwiches, entrees	including preparation of vegetables.
salads, soups, sandwiches, entrees,	pastries, and specialty dishes.
99*********	
Course Content: Give major areas	
Course Content: Give major areas co-	vered by entire course and subunits
under each major area. Use additions course number and title on each extra	al sheet(s) as necessary. Include
(See next page)	sneet used.
· · · · · · · · · · · · · · · · · · ·	
Instructor(s)	Doop of Track
• •	Dean of Instruction
Department Head, Coordinator	Chairman Vocations
	Chairman, Vocational Area Committee

### Course Name and Number Kitchen Helper Training

#### Cul. Occ. 210A

#### Course Content:

#### I. Pantryman' Helper

- A. Cleaning all types of vegetables for salads
- B. Cleaning all types of fruit for salads
- C. Cutting fruit and vegetables for salads
- D. Preparing garnishes for salads
- E. Assembling ingredients for salad dressing
- F. Slicing cold meats and cheese by machine
- G. Chopping vegetables for salads by machine

#### II. Dish and Pot Washer

- A. Washing chinaware by hand
- B. Washing chinaware by machine
- C. Washing glass and silverware by hand
- D. Washing pots
- E. Washing kitchen machine units
- F. Washing glass and silverware by machine

#### III. Kitchen Porter

- A. Cleaning garbage can
- B. Scrubbing floor
- C. Cleaning benches and tables
- D. Cleaning sinks
- E. Cleaning broiler or salamander
- F. Cleaning stove
- G. Cleaning steam table
- H. Cleaning refrigerator
- I. Cleaning kitchen machines

#### IV. Cook's Helper

- A. Cleaning leafy type vegetables for storage
- B. Cleaning root and tuber type vegetables for storage
- C. Cleaning bud, flower, and stem type vegetables for storage
- D. Storing staple supplies in store-room
- E. Storing meats in refrigerator
- F. Packing fish box in deep-freeze
- G. Storing poultry and eggs
- H. Preparing leafy type vegetables for cooking
- I. Preparing root and tuber type vegetables for cooking
- J. Preparing bud, flower, and stem type vegetables for cooking
- K. Grinding meat for storage
- L. Molding meat balls to specific size
- M. Blanching stew meat
- N. Straining soup stock
- O. Breading meats for frying



Department Cull	nary Occupation	ns	Date <u>5/12/65</u>
Cul. Occ. 210B Pant	ryman Training	_	4
Name and Number of Course	Descriptive	Title	Sem. Units
(Catalog Designation)			Dem. Onics
Smith-Hughes Classification		Sessions Per	Week 5
Number of Semesters	1	Hours Per Se	egion 5
Number of Weeks Per Semester	6	Hours Per We	Week         5           ssion         5           ek         25           Theory         5           20
		Lecture or	Thoons 5
	•	Laboratory	Ineory
Total Weeks Per Year		Total House	(Course) 150
Number of Years		Lecture or Laboratory	
Frerequisites:			120
Culinary Occupations 610A			
Purpose of Course:			
To assist students in preparatory	training for c	ommercial cod	oking.
To provide experiences similar to			
To provide knowledge of vegetables pastries and specialty dishes; nut sanitation, safety and employer-em	rition, menus, ployee relatio	supplies, hy ns.	s, entrees, giene,
Catalog Description:			
Basic preparatory skills for the prelishes, cocktails, dressings, sa	eantryman includuces, buffet,	ding making o cold meats, i	ef salads, cebox desserts
Course Content: Give major areas cunder each major area. Use additicourse number and title on each ex (See next page)	onal sheet(s) :	AS Decessory.	subunits Include
Instructor(s)	Dean of Ins	struction	
Department Head, Coordinator	Chairman, V	ocational Ar	ea Committee

# Course Name and Number PANTRYMAN TRAINING Cul. Occ. 210B

#### Course Content:

### I. Pantryman

- A. Using hand and electric equipment
  - 1. Dicing celery with French knife
  - 2. Making melon balls with Paresian cutter
  - 3. Slicing eggs with hand-operated egg slicer
  - 4. Operating electric food mixer
  - 5. Slicing cold meats on electric slicer
  - 6. Extracting orange juice with electric extractor
- B. Preparing and making salads, relishes, cocktails
  - 1. Salad greens for storage and use
  - 2. Fruits and vegetables for salads
  - 3. Seafoods for salads and cocktails
  - 4. Fruit salad
  - 5. Potato salad
  - 6. Combination vegetable salad
  - 7. Chef's green salad
  - 8. Vegetable aspic salad
  - 9. Sardine canapes
  - 10. Seafood cocktails
- C. Making salad dressings and sauces
  - 1. Mayonnaise
  - 2. French dressing
  - 3. Roquefort dressing
  - 4. Tartar sauce
  - 5. Whipped cream
  - 6. Cocktail sauce
- D. Preparing for buffet and cold meat service
  - 1. Slicing cold meats or cheese
  - 2. Making cold beef sandwiches
  - 3. Arranging a cold meat plate
  - 4. Arranging assorted relish dish
  - 5. Preparing tomato stuffed with chicken salad
  - 6. Preparing deviled eggs
  - 7. Carving cold chicken
- E. Utilizing leftovers for
  - 1. Chicken salad
  - 2. Ham salad
  - 3. Mixed fruit salad
  - 4. Mixed vegetable salad
- F. Making ice-box desserts
  - 1. Prute whip
  - 2. Fruit sauce for puddings, etc.
  - 3. Hard sauce
  - 4. Peach Melba
  - 5. Strawberry shortcake
  - 6. Baked Alaska



### 210

# Course Name and Number PANTRYMAN TRAINING Cul. Occ. 210B

## Course Content: (continued)

G. Handling pantry service

- 1. Cutting and serving pies and cakes
  2. Preparing dinner salads (specified number)
- 3. Preparing and serving combination cold plate
- 4. Preparing and serving daily cold sandwich
- 5. Preparing and serving a la carte salad bowl



DepartmentC	ulinary Occu	oationsDat	e <u>5-12-65</u>	
Cul. Occ. 210C Fry Cook Trai	nina		•	
Name and Number of Course	Descriptive	Tri+10	<u>4</u>	
(Catalog Designation)	pescribitive	IICIE	Semester U	nits
, and and a decidence of the second				
Smith-Hughes Classification		Sessions P	er Week	5
Number of Semesters	1	Hours Per	Session	5
Number of Weeks Per Semester	6	Hours Per		25
			or Theory	
•			ry	20
Total Weeks Per Year		Total Hour	s (Course)	
			or Theory	
Number of Years			ry	
Prerequisites: Cul. Occ. 610AB or permission	of instructo	or.		•
Purpose of Course:	************			
To assist students in preparator	ry training f	or commercial o	cooking.	
To provide experiences similar	to those requ	ired of fry coo	oks.	
To provide knowledge of vegetable pastries, and specialty dishes; sanitation, safety, and employer	nutrition, m	enus, supplies.	hvoiene	28,
Catalog Description:			5 art ay 45 45 ay (16 ay ay 45 ar	
A course in basic preparatory sk griddle, pan, deepfrying and bro serving.	cills for the oiler cooking	fry cook inclu , and steam tab	iding veget le and dis	able, sh-up
Course Content: Give major areas under each major area. Use additionate number and title on each (See next page)	tional sheet	(s) as necessar	and subunit y. Includ	:s le
Instructor(s)	Do	ean of Instruct	ion	-
Department Head, Coordinator, or Dean of School	CI	hairman, Vocati	onal Area	Committe

## Course Name and Number FRY COOK TRAINING Culinary Occupations 2100

### I. Vegetable cooking - preparing

- A. Mashed potatoes
- B. Baked potatoes, in jacket
- C. Potatoes au gratin
- D. Potatoes rissole
- E. Candied yams
- F. Creamed carrots
- G. Harvard beets
- H. Baked macaroni, au gratin
- I. Fresh corn on-the-cob
- J. Fresh garden spinach
- K. Mashed turnips
- L. Glazed carrots

## II. Griddle and pan frying

- A. Preparing and baking hot cakes and waffles
- B. Frying eggs (according to order)
- C. Making plain omelette
- D. Making French toast
- E. Grilling ham steak or bacon
- F. Pan-broiling sirloin steak
- G. Pan-frying chicken fried steak
- H. Pan-frying salmon steak
- I. Pan-frying pork chops
- J. Pan-frying one-half spring chicken (unjointed)
- K. Preparing cottage fried potatoes
- L. Preparing hash-brown potatoes
- M. Preparing American fried potatoes

### III. Deep fat frying

- A. Chicken croquettes
- B. Pineapple fritters
- C. Shrimp (breaded)
- D. Shrimp (in butter)
- E. Breaded veal cutlet
- F. French fried potatoes
- G. Apple rings
- H. Channel cat-fish
- I. Scallops
- J. Croutons

### IV. Broiling

- A. Adjusting flames for cooking on gas broiler
- B. Chateau-briand
- C. Half a chicken
- D. Lamb chops
- E. One-half lobster on gas broiler
- F. Ground round steak on gas broiler
- G. One whole salmon on gas broiler



# Course Name and Number FRY COOK TRAINING Culinary Occupations 210C

## V. Electric steam table and dish-up station

- A. Filling steam table with water, and heating to desired temperature
- B. Lining up steam table for serving
- C. Serving breaded veal cutlet with country gravy
- D. Serving chicken croquettes with cream sauce
- Serving charcoal broiled top sirloin steak, maitre 'd hotel with vegetable and baked potato
- F. Serving half broiled lobster with drawn butter, French fried potatoes and vegetable
- G. Serving ground round steak with bordelaise sauce, baked potato with cheese sauce, and vegetable



### Course Information

Depa	irtment Culinary	<u>Occ.</u> Date 5/12/65
Cul. Occ. 210D Dinn	er Cook Training	8
Name and Number of Course (Catalog Designation)	Descriptive Title	Semester Units
Smith-Hughes Classification		Sessions Per Week 5
Number of Semesters		Hours Per Session 5
Number of Weeks Per Semester_	12	Hours Per Session 5 Hours Per Week 25 Lecture or Theory 5 Laboratory 20
		Lecture or Theory 5
Made 1 II. also Described		
Total Weeks Per Year		Total Hours (Course) 300
Warning and a Contract of the same		Lecture or Theory 60
Number of Years		Laboratory 240
Prerequisites:		
Culinary Occupations 610C or p	ermission of inst	ructor
Purpose of Course:		
or control.		
To assist students in preparate To provide experiences similar To provide knowledge of vegetal pastries and specialty dishes; sanitation, safety and employer	to those required bles, salads, sou nutrition, menus	d of dinner cooks. ps, sandwiches, entrees, supplies, hygiene.
Catalog Description:		,
Basic skills for the dinner consauces and gravies, roasts, sautentrees and dressings.	ok including makin teed entrees, brai	ng of soups, batters, ised entrees, stuffed
Course Content: Give major area under each major area. Use additionable course number and title on each (See next page)	litional sheets as	necessary. Include
Instructor(s)	Dean	of Instruction
Department Head, Coordinator	Chair	man, Vocational Area Commi

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# Course Name and Number DINNER COOK TRAINING Cul. Occ. 210D

#### Course Content:

- Soups Preparation and Cooking
  - A. Chicken stock
  - Other white stocks (beef, veal, lamb, etc.) B.
  - C. Brown stock
  - D. Ham stock
  - E. Fish stock (court bouillon)
  - F. Vegetable stock
  - G. Ordinary consomme of beef
  - H. Clarified consomme
  - I. Other thin clear soups
  - J. Puree of green split pea soup
  - K. Other dried vegetable puree soups
  - L. Unstrained dried vegetable soups
  - M. Cream of tomato soup
  - N. Soup Mongol
  - 0. Cream soups of fresh leafy green vegetables (lettuce, spinach, cabbage, broccoli, etc.)
  - P. Manhattan clam chowder
  - O. Boston clam chowder
  - R. Fish chowder
  - S. A bisque
  - T. Various classical vegetable soups using a veloute sauce base
  - U. English beef broth with barley
  - V. Mock turtle soup
  - W. Oxtail soup
- II. Sauces - Preparation and Cooking
  - A. Basic brown sauce or Espagnole
  - B. Mushroom sauce, sauce piquante, pickle sauce, and mustard sauce, using Espagnole as the basic or "mother sauce"
  - C. Cream sauce or Bechamel
  - D. Egg sauce, cheese sauce, horseradish sauce, white mustard sauce, parsley sauce, Mernay, using Bechamel as the base
  - E. Veloute sauce
  - F. Tomato sauce (strained)
  - G. Creole sauce
  - H. Hollandaise sauce

#### III. Meat Entrees

- A. Boiling
  - 1. Beef

- C. Roasting 1. Ribs of beef
- F. Stewing Beef

- 2. Lobsters
- 3. Ham

2. Turkey

- Broiling
  - 1. Lamb chops
- Sauteing Breaded yeal cutlets
- G. Braising Beef

- Thick sirloin steak
- Chicken
- E. Frying Codfish cakes
- Simmering H. Fow1



0.1 0 000	nt Culinary Occ. Date 5/12/65
Cul. Occ. 220A BAKER AN Name and Number of Course Des	D PASTRYMAN TRAINING 12
(Catalog Designation)	criptive Title Semester Unit
Smith-Hughes Classification	Sections Don Unit
Number of Semesters 1	Sessions Per Week Hours Per Session
Number of Weeks Per Semester 1	8 Hours Per Week
	Lecture or Theory
<b>—</b>	Laboratory
Total Weeks Per Year	Total Hours (Course)
N7	Lecture or Theory
Number of Years	Laboratory
Prerequisites:	* ~ ~ + ~ * ~ * ~ * ~ ~ ~ ~ ~ ~ ~ ~ ~ ~
Cul. Occ. 610D or permission of ins	tructor.
Purpose of Course:	
To review skills of helper, pastrym To assist students in preparatory t	raining for commencial to the
To provide experiences similar to t	raining for commercial cooking.
To provide experiences similar to to provide knowledge of vegetables, pastries and specialty dishes: nutr	raining for commercial cooking. hose required of bakers. salads, soups, sandwiches, entrees,
To provide experiences similar to t	raining for commercial cooking. hose required of bakers. salads, soups, sandwiches, entrees,
To provide experiences similar to to provide knowledge of vegetables, pastries and specialty dishes: nutr	raining for commercial cooking. hose required of bakers. salads, soups, sandwiches, entrees,
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To provide experiences similar to to provide knowledge of vegetables, pastries and specialty dishes; nutresanitation, safety and employer-employer-employer-employer-employer-employer-employer products, cakes, icings, processes to the particle of the part	raining for commercial cooking. hose required of bakers. salads, soups, sandwiches, entrees, ition, menus, supplies, hygiene, loyee relations.  Rer including the making of yeast- les and other pastries.  Wered by entire course and subunits hal sheet(s) as necessary. Include has sheet used.  Dean of Instruction
To provide experiences similar to to provide knowledge of vegetables, pastries and specialty dishes; nutresanitation, safety and employer-emporate and products.  Catalog Description:  Basic preparatory skills for the balleavened products, cakes, icings, products, cakes, icings, products areas course Course Concert: Give major areas counder each major area. Use addition course number and title on each extra (see next page)	raining for commercial cooking. hose required of bakers. salads, soups, sandwiches, entrees, ition, menus, supplies, hygiene, loyee relations.  Rer including the making of yeast- les and other pastries.  Fered by entire course and subunits hal sheet(s) as necessary. Include has sheet used.

## Course Name and Number BAKER & PASTRYMAN TRAINING Cul. Occ. 220A

#### Course Content:

- I. Making yeast leavened products
  - A. Loaf Bread
  - B. Clover-leaf rolls
  - C. Parkerhouse rolls
  - D. Raised dougnuts
  - E. Whole-wheat bread
  - F. Cinnamon rolls
  - G. Danish coffee-cakes
  - H. Shortcake biscuits

### II. Making cakes

- A. Cup cakes
- B. White layer cake
- C. Gold layer cake
- D. Devil's food layer cake
- E. Sponge cake
- F. Jelly roll (sponge)
- G. Angel-food cake
- H. Pound cake
- I. Fruit cake
- J. Butter cookies
- K. Chocolate-chip cookies
- L. Oatmeal cookies
- M. Ice-box cookies
- N. Butter macaroons
- O. Cream puffs and eclairs

### III. Making icings and decorating

- A. Seven-minute icing
- B. Butter icing
- C. Royal icing
- D. Mocha icing
- E. Icing cup cakes or layer cakes
- F. Decorating cakes with roses and ornamental work

### IV. Making pies and pastries

- A. Pie crust
- B. Cream pie shells
- C. Apple pie
- D. French apple pie
- E. Cherry pie
- F. Cocoanut cream pie
- G. Custard pie
- H. Pumpkin chiffon pie
- I. Lemon meringue pie
- J. Cabinet pudding
- K. Grape-nut custard pudding
- L. Chocolate blanc mange
- M. English plum pudding
- N. Tapioca pudding and rice pudding
- O. Apple turnovers and fruit tarts



	Department Culinary	<u> Occ.</u> Date	5-12-65	,
Cul. Occ. 220B	MEAT CUTTED TOATAT	_		
Name and Number of Course (Catalog Designation)	Descriptive T		12 Semester U	nits
Smith-Hughes Classificati Number of Semesters Number of Weeks Per Semes	1	Sessions : Hours Per	Session	
Total Weeks Per Year	ter18	Laborate	or Theory ory	20
Number of Years		Total Hous Lecture Laborato	rs (Course) or Theory	450 90 360
Prerequisites:				
Cul. Occ. 620A or permissi  Purpose of Course:			. <del>(17 cm cm 47 cm cm cm cm cm cm cm</del>	
To review skills of helper	Dastryman, fry coo	1. dd		
To review skills of helper To provide experiences sim To assist students in prep To provide knowledge of versatries, and specialty disanitation, safety, and employee the sanitation of the sani	aratory training for getables, salads, so	commercial oups, sandwich	utters. cooking.	
To assist students in prep To provide knowledge of ve pastries, and specialty di	aratory training for getables, salads, so	commercial oups, sandwich	utters. cooking.	
To assist students in prep To provide knowledge of ve pastries, and specialty di sanitation, safety, and em	cutter including breactives	commercial cups, sandwick us, supplies tions.	utters. cooking. hes, entrees, hygiene,	3,
To assist students in prep To provide knowledge of verpastries, and specialty disanitation, safety, and emportance Description:  Basic skills for the meat croasts, steaks, chops, and	cutter including breathers, and special sawing.	commercial cups, sandwick us, supplies tions.  aking down callty meat cuts	utters. cooking. hes, entrees, hygiene, ercass; trimes; machine	ming
To assist students in prep To provide knowledge of versatries, and specialty disanitation, safety, and emportant and series are series and series and series and series are series and series and series and series are series and series and series are series and series and series are series and series are series and series and series are series and seri	cutter including breading sawing.  areas covered by enter additional sheet (s) each extra sheet use	commercial cups, sandwick us, supplies tions.  aking down callty meat cuts	utters. cooking. hes, entrees, hygiene, ercass; trimes; machine	ming

# Yurse Name and Number MEAT CUTTER TRAINING Cul. Occ. 220B

### I. Breaking down carcass

- A. Beef carcass into primal cuts.
- B. Lamb carcass into primal cuts.

## II. Cutting roasts, steaks, etc.

- A. Boning out short loin.
- B. Cutting sirloin or tenderloin steaks.
- C. Cutting loin lamb chops.
- D. Cutting veal Porterhouse steaks.
- E. Cutting pork chops.
- F. Blocking out 7-rib roast of beef (prime rib).
- G. Cutting and pounding boneless veal for cutlets.
- H. Removing shoulder clod of beef.
- I. Preparing short-ribs for cooking.
- J. Cutting Swiss steak from beef round.
- K. Preparing boneless stew meat for cooking.
- L. Boning and rolling beef (lamb or veal) chuck roast.
- M. Larding lean roast for cooking.
- N. Boning beef trimmings.
- O. Grinding beef (veal, pork) for loaf, patties, etc.
- P. Breaking bones for stock pot.

## III. Utilizing Specialty Meats

- A. Preparing beef brains for cooking.
- B. Preparing veal hearts for baking.
- C. Stripping out sweetbreads.
- Skinning and slicing calf liver.

## Using and Caring for Equipment

- A. Using scales for accurate portioning.
- B. Using boning knife.
- C. Using steak knire.
- D. Using hand saw.
- E. Using cleaver.
- F. Using power meat saw.
- G. Grinding knife on power emery wheel.
- Sharpening knife on oil stone.

Cul. Occ. 201AB		
Villak	HOTEL, RESTAURANT, AND	
Name and Number of Course	INSTITUTIONAL COOKING	
(Catalog Designation)	Descriptive Title Semester U	nite
Smith-Hughes Classification Number of Semesters Number of Weeks Per Semeste Total Weeks Per Year Number of Years	Sessions Per Week  Hours Per Session Hours Per Week  Lecture or Theory Laboratory  Total Hours (Course) Lecture or Theory	1.
Number of Years	Laboratory	18 36
ishes. Students develop kn	ls of commercial cooking including prepara s, sandwiches, entrees, pastries, and spec nowledge of nutrition, menus, supplies,	tion
	ety practices, and omnieus,	rarc
Catalog Description:  Basic skills of commercial contacts and salads, soups, sandwiches, exposured to the contact of the conta	cooking including preparation of vegetables intrees, pastries, and specialty dishes; ba	ions
Catalog Description:  Basic skills of commercial consultation, soups, sandwiches, exchange of nutrition, menuspractices, and employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-empl	cooking including preparation of vegetables atrees, pastries, and specialty dishes; bas, supplies, hygiene and sanitation, safet oyee relations.	ions.
Catalog Description:  Basic skills of commercial consumers as a salads, soups, sandwiches, explosed by the salads and employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-employer-em	cooking including preparation of vegetables entrees, pastries, and specialty dishes; bas, supplies, hygiene and sanitation, safet oyee relations.	ions.
Catalog Description:  Basic skills of commercial consultation, soups, sandwiches, exhausted of nutrition, menuspractices, and employer-employer-employer-employer course Content: Give major and under each major area. Use a course number and title on exhausted course number and title on exhausted.	cooking including preparation of vegetables entrees, pastries, and specialty dishes; bas, supplies, hygiene and sanitation, safet oyee relations.	ions.

### Course Name and Number HOTEL, RESTAURANT, AND INSTITUTIONAL COOKING Cul. Occ. 201AB

### I. Cook's Helper

- Cleaning leafy type vegetables for storage.
- Cleaning root and tuber type vegetables for storage.
- Cleaning bud, flower, and stem type vegetables for storage.
- D. Storing staple supplies in store-room.
- E. Storing meats in refrigerator.
- Packing fish box in deep-freeze.
- G. Storing poultry and eggs.
- H. Preparing leafy type vegetables for cooking.
- I. Preparing root and tuber type vegetables for cooking.
- J. Preparing bud, flower, and stem type vegetables for cooking.
- K. Grinding meat for sausage.
- L. Molding meat balls to specific size.
- M. Blanching stew meat.
- N. Straining soup stock.
- O. Breading meats for frying.

### II. Dish and Pot Washer

- Washing chinaware by hand and machine.
- B. Washing glass and silverware by hand.
- C. Washing glass and silverware by machine.
- D. Washing pots.
- Washing kitchen machine units.

#### III. Kitchen Porter

- Cleaning garbage can.
- Scrubbing floor.
- Cleaning benches and tables.
- Cleaning sinks. D.
- E. Cleaning broiler or salamander.
- F. Cleaning stove.
- G. Cleaning steam table.
- H. Cleaning refrigerator.
- Cleaning kitchen machines.

#### Pantryman's Helper IV.

- A. Cleaning all types of vegetables for salads.
- B. Cleaning all types of fruit for salads.
- Cutting fruit and vegetables for salads.
- D. Preparing garnishes for salads.
- Assembling ingredients for salad dressing.
- Slicing cold meats and cheese by machine. F.
- Chopping vegetables for salads by machine.



Division_	BTD	Department Garment 1	Manuf. Date 12-1-63	
GM 600				
	lumber of Course	Industrial Sewing	3 (Eight Week	g١
(Catalog	Designation)	Descriptive Title	Semester U	nits
Condata 27				
Number of	es Classificatio	n	Sessions Per Week	
	Weeks Per Semest		Hours Per Session	
	weeks ter semest	er8	Hours Per Week	
			Lecture or Theory	
Total Week	s Per Year_		Laboratory	
			Total Hours (Course)	16
Number of	Years		Lecture or Theory	
			Laboratory	16
Prerequisi	<u>es:</u>			
Adaptabilit	y to the operati	on of power sewing e		
	•	or bower sewing 6	equipment.	
Purpose of				
Purpose of	Course:			
To train ap	plicants in the	hasic operation as	ower sewing equipment	
to develop	skills necessary	for initial employm	ower sewing equipment ent in the garment ind	and
or allied f	ields.	emptoym	ent in the garment inc	lust
Catalog Dec				
Catalog Des	cription:			
Basic operat	tion of novem			
ing industry	or homer sea	ving equipment used :	in the garment manufac	tur-
0	, •			
Course Conte	ent: Give major a	<b>4000</b>	re course and subunit	
inder each m	ajor area. Use	additional short(s)	re course and subunit as necessary. Include	2
course numbe	er and title on e	additional sheet(s) ach extra sheet used	as necessary. Include	<b>e</b>
		and and a street used	l•	
nstructor(s	)			
	•	Dean of In	struction	
			•	
Oh o sel				
epartment H	ead, Coordinator	or Divisional	Dean	
ean of School	ol (		acatt	



#### Course Name and Number INDUSTRIAL SEWING GM600

#### COURSE CONTENT:

### I. Orientation to Machine

- A. Safety instruction
- B. Description of machine being used
- C. Function of various parts of machine
  - 1. Foot control
  - 2. Knee control
  - 3. Pressure foot
  - 4. Bobbin
  - 5. Bobbin winder
  - 6. Needles
- D. Care and cleaning of machine

# II. Initial Operation of Machines - Without Needle or Thread

- A. Straight line sewing
- В. Tacking
- C. Curves and circles
- D. Practice on control of machine operation

## III. Operation of Machine with Needle and Thread

- A. Procedure to put in needle
- B. Threading technique
- C. Bobbin winding and installation
- D. Tension on thread
- E. Changing size of stitch
- Practice in straight line sewing, curves, circles, tacking, etc.

# IV. Sewing Operations - Handling of Material - Single Needle Machine

- Straight seams **A.**
- B. Clean seaming
- Tack, long seam, tack (end of material comes out even)
- Band setting
- Pockets pocket flaps, setting pockets
- Shirring and cording
- Hemming G.
- Collars (stay stitching), setting collars with innerlining H.
- I. Piping
- J. Gussets
- K. Sleeves
- **Plackets**
- Blouse facings M.
- N. Cuffs
- Setting zippers (side and rail rood) 0.
- P.
- Matching material (plaids, etc.)

Course Name and Number INDUSTRIAL SEWING

GM 600

- V. Speed Drills and Practice on Sewing Operations
- VI. Special Projects
  - A. Aprons
  - B. Capris
  - C. Blouses
  - D. Skirts
- VII. Special Machines
  - A. Blind Stitch
  - B. Overlock and Sew Overlock

NOTE: Daily procedure includes review of previous day's operations plus speed drills and practice. Objective of class is to teach basic skills needed in garment manufacturing and to develop adequate speeds to insure minimum wage earnings within a short time once on the job.

